

SOFT DRINKS AND SPORTS DRINKS DOS AND DON'TS

- **Do** talk with your child about limiting their use of soft drinks and sports drinks.
- **Do** give your child water, juice, or milk in place of soft drinks and sports drinks.



- **Don't** let your child overdo soft drinks and sports drinks.
- **Do** add water to your child's soft drinks and sports drinks to dilute them.
- **Do** encourage use of a straw to reduce contact with your child's teeth.
- **Do** have your child chew sugarless gum or rinse mouth with water after having soft drinks and sports drinks. Brushing right after drinking can cause more damage to teeth.

WHAT ELSE CAN SPORTS DRINKS DO TO MY CHILD?

Heavy consumption of sugary sports drinks and soft drinks can lead to excessive sugar intake, according to the American Dental Association. This can contribute to obesity and type II diabetes in your child.



For more information contact:



New Jersey Department of
Health and Senior Services
Food and Drug Safety Program
609-588-3123

Find this brochure at:
<http://nj.gov/health/eoh/foodweb/>

KEEP YOUR CHILD'S SMILE BEAUTIFUL!



LIMIT THEIR USE OF SOFT DRINKS AND SPORT DRINKS



FACTS ABOUT SOFT DRINKS AND SPORTS DRINKS

- They contain acid that eats away at your child's tooth enamel
- The acids are at their worst when protective saliva levels are low – that is, when your child is very thirsty
- They contain high amounts of sugar that can lead to tooth decay
- Long term use can *permanently* damage your child's teeth
- They have NO nutrients
- Regular use can increase calories and contribute to obesity
- Sports drinks are made for highly active *adult* athletes, not children!
- Sports drinks are NOT healthy for your child!



HOW DO THESE DRINKS DAMAGE MY CHILD'S TEETH?

Soft drinks and sports drinks are bad for your child's teeth because they wear away tooth enamel. Enamel is the hard outer layer that covers and protects each tooth.



HEALTHY
TOOTH



UNHEALTHY
TOOTH

Without this natural protection, your child's teeth are at risk for:

- tooth decay
- dental cavities
- discoloration
- sensitivity
- cracks



SEVERE TOOTH DECAY

IS MY CHILD'S SODA BETTER THAN BATTERY ACID?

Compare some popular soft drinks and sports drinks to water. Just for fun – compare them to battery acid, also!

PRODUCT	*pH LEVEL
Water	7.0
Diet Coke	3.4
Mountain Dew	3.2
Gatorade	3.0
Dr. Pepper	2.9
Coke Classic	2.6
Pepsi	2.5
BATTERY ACID	1.0

NOTE: pH is a measure of how acidic or basic something is. The pH of water neutral at 7.0. The lower the pH, the more acidic the drink. And the more acid a drink has, the more it can harm your child's teeth.

FACT: pH levels do not appear on sports drink and soft drink labels! *Source: Minnesota Dental Association